

50 Health Conditions Benefited by Yoga (as shown in scientific studies)

1. Alcoholism and Other Drug Abuse	2. Anxiety
3. Asthma	4. Attention Deficit Hyperactivity Disorder (ADHD)
5. Back Pain	6. Balance Problems
7. Cancer	8. Carpal Tunnel Syndrome
9. Chronic Obstructive Pulmonary Disease (COPD), e.g. Emphysema	10. Congestive Heart Failure
11. Depression	12. Diabetes
13. Drug Withdrawal	14. Eating Disorders
15. Epilepsy	16. Fibromyalgia
17. Heart Disease	18. HIV/AIDS
19. Infertility	20. Insomnia
21. Hemorrhoids	22. High Blood Pressure
23. Hyperkyphosis (Excessive Curvature) of Thoracic Spine	24. Irritable Bowel Syndrome
25. Kidney Failure	26. Mental Retardation
27. Menopausal (and Perimenopausal) Symptoms	28. Migraine and Tension Headaches
29. Multiple Sclerosis	30. Neuroses (e.g. Phobias)
31. Obsessive Compulsive Disorder (OCD)	32. Osteoporosis
33. Osteoarthritis (Degenerative Arthritis)	34. Pancreatitis (Chronic)
35. Pain (Chronic)	36. Pleural Effusion (Fluid Collection in the Lining of the Lung)
37. Post Heart Attack Rehabilitation	38. Post-Polio Syndrome
39. Post-Operative Recovery	40. Post-Stroke Rehabilitation
41. Pregnancy (Both Normal and Complicated)	42. Premature Ejaculation
43. Psoriasis	44. Rheumatoid Arthritis
45. Rhinitis (Inflammation of the Nose)	46. Schizophrenia
47. Scoliosis (Curvature of the Spine)	48. Sinusitis
49. Tuberculosis	50. Urinary Stress Incontinence

from *Yoga as Medicine: The Yogic Prescription for Health and Healing* (Bantam)

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Alcoholism and Other Drug Abuse

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Infertility

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Mental Retardation

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Menopausal (and Perimenopausal) Symptoms

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Multiple Sclerosis

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Neuroses (e.g. Phobias)

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Osteoarthritis (Degenerative Arthritis)

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